



# The Pipeline

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## Holiday Food Safety Tips From The Department for Public Health

Since food is a frequent part of the Fourth of July holiday, it's a good time to go over a few food safety tips to make sure Kentucky families stay healthy.



"During the summer months and especially during the 4<sup>th</sup> of July holiday, a great number of families and gatherings will be cooking out and handling foods for meals," said Guy Delius, manager of the Food Safety Branch in the Department for Public Health.

The Cabinet for Health Services wants to remind Kentucky cooks of some general food safety tips in hopes of ensuring safe, healthy meals. Follow these keys to food safety and you will help provide safe meals at your gatherings.

**WASH HANDS:** Before eating, before preparing food, after using the bathroom, handling raw meat or poultry, changing diapers, and after handling pets. Use soap, hot water and paper towel to dry hands. Please remember to WASH raw fruits and vegetables prior to consuming.

**CLEAN AND SANITIZE FOOD CONTACT SURFACES OFTEN:** Sanitizing may be accomplished by using a solution of regular household bleach and warm water (1 tablespoon per 2 gallons of water) as a final immersion sanitizing rinse or by spraying or swabbing washed and rinsed surfaces.

**SEPARATE -- DON'T CROSS CONTAMINATE:** Separate raw from ready to eat foods; use a different utensils and cutting boards or plates between raw and cooked foods or, wash, rinse and sanitize the utensils/plates after contact with raw meat, poultry and seafood.

## COOK: HEAT AT LEAST TO THESE PROPER TEMPERATURES

- ✓ Meat, pork and fish: 145 degrees F. for 15 seconds
- ✓ Ground meat, fish: 155 degrees F. for 15 seconds
- ✓ Poultry: 165 degrees F. for 15 seconds
- ✓ Eggs-yolk and white firm: 155 degrees F. for 15 seconds
- ✓ Left-overs (reheating): 165 degrees F. for 15 seconds

To ensure proper internal temperature of food, a metal stemmed, dial-type thermometer should be used.

## CHILL- REFRIGERATE

**PROMPTLY:** Don't leave potentially hazardous foods out of temperature before or after cooking:  
Refrigerate within 2 hours (Left-overs)  
41 degrees F. or below.

## Helpful Web Site

Web site submitted by Jean Kendall.

## Social Security Online

- <http://www.ssa.gov/>



The United States Government has some great sites available for your use. One such site is Social Security Online. It is well done and provides clear and understandable information about all Social Security benefits, including retirement, disability, and survivorship.

If you or loved ones are nearing the "magic age," you might want to see what will be available at retirement. One other suggestion... order your Social Security Statement. If there are mistakes, it will be easier to correct them now before you reach retirement.

*If you would like to submit a web site that you have found helpful or interesting, forward the site and a description to:*  
[patricia.boler@mail.state.ky.us](mailto:patricia.boler@mail.state.ky.us)



## Don't Let the Lights Go Out in Kentucky

Every week in this space, Pipeline will offer a tip on an easy, painless way to save energy at work. We welcome any and all suggestions. If you know of a way each of us can cut down on the energy we use at work, please send a description to [patricia.boler@mail.state.ky.us](mailto:patricia.boler@mail.state.ky.us)

## Energy Star Allows Effortless Conservation



Do you recognize the Energy Star logo? If you have seen this logo on your office equipment, you may already be conserving energy.

Energy Star is a program that was created in 1992 to enable electronic equipment to conserve energy by shutting down power automatically. You may find that your monitor, printer, copier, fax machine and other devices have the capability to turn themselves off after a specified period of nonuse. Energy Star provides this valuable energy-saving ability.

Energy Star allows users to conserve energy with little to no effort. Users are only required to activate the automatic shut-down capability on equipment designated with the Energy Star label.

You can add to your office's energy saving action by purchasing equipment with Energy Star capabilities.

For more information on Energy Star, check out their web site at: <http://www.energystar.gov/>.

## Low-interest Loan Programs to Help People With Disabilities Are Renewed

By Ann Scott

Two innovative low-rate loan programs established last year that make it easier for people with disabilities to buy assistive technology equipment have been renewed for another year.

The Kentucky Assistive Technology Loan Programs, administered by the Kentucky Assistive Technology Loan Corporation (KATLC), offer its low-rate loans to qualified applicants to finance home modifications and the purchase of assistive technology devices.

Under one loan program, the KATLC, in a partnership with the Fifth Third Bank Kentucky Inc. and the Kentucky Housing Corporation, offers low-rate loans to qualified low-to-moderate income individuals who need home modifications. Examples of home modifications include wheelchair ramps, widening of doors and remote environmental controls that allow a person with limited mobility to adjust room temperature or turn on lights.

The second KATLC low-rate loan program is open to any individual at any income level. It provides loans to qualified individuals for home modifications and other assistive technology devices, such as wheelchair lifts for vans.

Nearly \$500,000 has been appropriated to fund the two loan programs for the next 12 months.

To participate in these programs, applicants must be individuals with disabilities, parents or guardians of individuals with disabilities or nonprofit organizations serving people with disabilities.

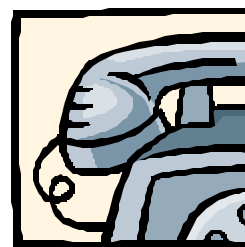
The programs were developed for people who may have difficulty obtaining conventional financing because of limited income, insufficient credit or financial history or high medical expenses.

To obtain an application, contact Nancy E. Hansen, program director, in Lexington at (859) 246-2540, ext. 237, or toll-free at 877-675-0195, ext. 279. Her mailing address is P.O. Box 12231, Lexington KY 40581-2231. Her e-mail address is [NancyE.Hansen@mail.state.ky.us](mailto:NancyE.Hansen@mail.state.ky.us).

The Kentucky Assistive Technology Loan Program is a joint effort of the Kentucky Assistive Technology Loan Corporation, the Department of Vocational Rehabilitation, the Cabinet for Workforce Development, the Kentucky Developmental Disabilities Planning Council and the Kentucky Assistive Technology Service Network.

## Sick Leave Needs

Kathy Ramey, Guardianship Services, is in need of donated sick time. She is on medical leave following surgery. To donate time, contact B.J. Bottoms at 270-886-4431, Ext. 387.



## 2001 Telephone Books Available

The new South Central Bell telephone books for the Frankfort-Lawrenceburg area are now available in the lobby of the CHR Building. Please send a representative to pick up phone books for your office(s).

There will be a recycling bin available in the CHR Building lobby for disposal of out-dated telephone books.

If you have questions, call 564-2640.